

## **[1. Young Carers - Carers Australia](#)**

<https://youngcarersnetwork.com.au/> [Tweet](#)

5 out of 5 stars

Australia, National services Creator: Carers

Australia Last reviewed: 31/01/2019

Review: A valuable website for young carers or family members, teachers or counsellors who are concerned about a young person whose life has a significant focus supporting the day-to-day care of someone else who is affected by illness, disability, mental health issues or alcohol or other drug use. The site includes practical guidance, resources, a blog, information, education, respite support, a telephone hotline number and links for financial support.

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Tags: [Carers](#), [Comorbidity](#), [Counselling](#), [Families](#), [Information](#), [Mental health](#), [Referrals](#), [Telephone](#), [Youth](#)

## **[2. Suicide call back service](#)**

<https://www.suicidecallbackservice.org.au/> [Tweet](#)

5 out of 5 stars

Australia, National services Creator:  
Australian Government - Department of Health -  
on the Line Last reviewed: 28/03/2019

Review: Australian national service that provides 24/7 telephone, video and online professional counselling to people contemplating or affected by suicide. Provides information, insight, and guidance for people struggling with suicidal thoughts, anxiety or depression. Also of interest for families or carers who are looking for guidance on supporting a loved one, or need support through bereavement. Emergency phone numbers are provided. Confidential registration is required for online support.

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Tags: [Anxiety](#), [Carers](#), [Counselling](#),  
[Depression](#), [Families](#), [Mental health](#), [Online](#),  
[Professional](#), [Self-help](#), [Telephone](#)

### [3. Underage Drinking Prevention - Substance Abuse and Mental Health Services Administration](#)

<http://www.samhsa.gov/underagedrinking/> [Tweet](#)  
5 out of 5 stars

USA Creator: Substance Abuse and Mental Health Services Administration [SAMHSA] Last reviewed: 30/01/2019

Review: A multi-faceted harm reduction and prevention campaign that aims to increase the confidence of parents, carers and teachers to speak with their 9 to 15-year-old children to help reduce the incidence of underage drinking. The site provides resources, practical tips, conversation starters, video clips and guidance. Note, there are comparative Australian campaigns and resources.

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Tags: [Alcohol](#), [Binge drinking](#), [Campaigns](#), [Carers](#), [Children](#), [Harm reduction](#), [Information](#), [Parents](#), [Prevention](#)

#### **[4. Head to Health - Healthdirect Australia](#)**

[https://headtohealth.gov.au/?utm\\_source=mindhealthconnect&utm\\_medium=301](https://headtohealth.gov.au/?utm_source=mindhealthconnect&utm_medium=301)

[Tweet](#)

5 out of 5 stars

Australia, National services Creator: Healthdirect

Australia Last reviewed: 18/12/2018

Review: A gateway to mental health and wellbeing information and support for individuals suffering from mental illness, carers and health professionals. Provides comprehensive information on mental health and comorbidity in relation to specific drugs. Offers online assessment tools and practical self help guidance. Additional information for specific populations including Indigenous, GLBTIQ, rural and remote, youth, parents, seniors, multicultural, men and women.

Tags: [Assessment](#), [Carers](#), [Children](#), [Comorbidity](#), [Consumers](#), [GLBTIQ](#), [Health promotion](#), [Indigenous](#), [Libraries](#), [Men](#), [Mental health](#), [Multicultural](#), [Online](#), [Professionals](#), [Rural and remote](#), [Self-help](#), [Seniors](#), [Service directories](#), [Women](#)

## [5. WayAhead - Mental Health Association NSW](#)

<https://wayahead.org.au/> [Tweet](#)

5 out of 5 stars

Australia, NSW Creator: Mental Health

Association NSW Last reviewed:

09/10/2018

Review: Peak body promoting mental health and treatment services through information, resources, support and education. Primarily a service directory providing links for mental health services throughout Sydney and NSW. There is also an excellent range of PDF Fact Sheets on topics such as 'mental health jargon', 'information for carers', 'medicare programs', and 'facts on mental health'. A telephone helpline and other crisis care links are available. Seminars and professional development are offered for professionals. Public information seminars and self-help groups are available for families and people experiencing issues related to mental illness.

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Tags: [Associations](#), [Carers](#), [Education](#), [Families](#), [Helpline](#), [Information](#), [Mental health](#), [Peak bodies](#), [Professionals](#), [Self-help](#), [Service directories](#)

## **[6. For parents with mental health plus drug and alcohol issues - NSW Government—Family and Community Services](#)**

<https://www.facs.nsw.gov.au/families/support-programs/all-families/mental-health-drug-alcohol-issues> [Tweet](#)

5 out of 5 stars

Australia, NSW Creator: Family and Community Services—NSW Government Last reviewed: 25/07/2018

Review: Fact Sheets, books and other resources addressing comorbidity. Available to download for free. The resources introduce the issues of parental dual diagnosis and explore concerns that children or family members may have. Each of the resources provides positive strategies for coping with dual diagnosis, as well as contacts for help and support. Targeted to caseworkers, parents, foster carers, children and young people. These resources are not intended to replace the professional assessment or health care provided by qualified health professionals.

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Tags: [Carers](#), [Children](#), [Comorbidity](#), [Families](#), [Information](#), [Professionals](#), [Resources](#), [Youth](#)

## **[7. Mental Health Foundation ACT](#)**

<http://www.mhf.org.au/> [Tweet](#)

5 out of 5 stars

Australia, ACT Creator: Mental Health

Foundation ACT Last reviewed:

11/07/2018

Review: A peak mental health body providing an integrated model for services and programs for people living with a mental illness and their carers. Access to services directory, counselling resources, and NDIS services.

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Tags: [Carers](#), [Comorbidity](#), [Information](#), [Libraries](#), [Mental health](#), [Peak bodies](#), [Peer support](#), [Service directories](#)

## **[8. Stepping Up Consortium](#)**

<http://www.stepping-up.org.au/> [Tweet](#)

5 out of 5 stars

Australia, VIC Creator: Stepping Up Consortium Last reviewed: 26/05/2018

Review: A consortium of three not for profit agencies providing therapeutic, counselling and community-based services for clients with complex needs regarding alcohol and other drug use, disability, mental illness, unemployment and crime. Programs include counselling, a 6-week intensive day program and a partner in recovery program to support people with complex comorbidity issues, their families and carers in South East Melbourne.

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Tags: [Assessment](#), [Carers](#), [Comorbidity](#), [Consumers](#), [Counselling](#), [Disabilities](#), [Families](#), [Harm reduction](#), [Justice](#), [Mental health](#), [Offenders](#), [Rehab](#)

## **9. Drug and alcohol rehabilitation -**

### **healthdirect**

<https://www.healthdirect.gov.au/drug-and-alcohol-rehabilitation> [Tweet](#)

5 out of 5 stars

Australia, National services Creator:

Australian Government Department of Health -

healthdirect Australia Last reviewed:

16/05/2018

Review: General information providing an overview of what to expect when searching for alcohol and other drug rehab. Targeted towards people who use drugs, their families and carers. The site is funded by the federal government and provides links to local services including medical practitioners, outpatient and residential treatment services. Access to a user-friendly search tool.

Tags: [Carers](#), [Families](#), [Government](#),  
[Information](#), [People who use drugs](#), [Rehab](#)

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## [10. Drug Addiction & Alcoholism Stts in the United States - Project Know](#)

<http://www.projectknow.com/research/alcohol-and-drugs/> [Tweet](#)

5 out of 5 stars

USA Creator: Project Know - Sober Media Group

Last reviewed: 18/12/2017

Review: A valuable resource outlining the impact of the misuse of alcohol and other drugs on the bodies and lifestyles of people who use drugs. Also touches in impact of alcohol and other drug misuse on families, carers and peers. While the treatment centre options and statistics are representative of the USA, there are simple explanations of different substances with a comprehensive analysis of the rehabilitation process for each drug, and these are globally relevant. Answers to questions and exploration of the addiction and rehabilitation processes are also provided.

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Tags: [Addiction](#), [Carers](#), [Families](#), [Information](#), [People who use drugs](#), [Rehab](#), [Statistics](#)

